

## **Unit 3**

### **Why Are Teenagers Sleepy? – pages 54-55**

#### **A. Circle the correct answer.**

##### **1. Who does Adi Wolff work for?**

- a) Sleepy Teens Magazine
- b) Teen Plus
- c) Daily News
- d) Dr. Avi Dagan's Clinic

##### **2. What is one major reason, besides their body clock, that prevents teenagers from getting enough sleep?**

- a) They eat too much sugar
- b) They exercise too much
- c) They look at screens just before bedtime
- d) They have too much homework

##### **3. How many hours of sleep do teenagers need?**

- a) 17 hours
- b) Between 8 and 10 hours
- c) Less than 8 hours

##### **4. Why is the light from a phone or laptop a problem?**

- a) It is too expensive.
- b) It is very strong and keeps you awake.
- c) It helps you fall asleep.

**5. In California, what is the new law for schools?**

- a) Schools must have more computers.
- b) Schools can't start before 8:30.
- c) Students don't have to go to school.

**B. Fill in the missing words from the text.**

- 1. Teenagers have a different \_\_\_\_\_.
- 2. Babies need to sleep about \_\_\_\_\_ hours a day.
- 3. You should stop looking at screens about \_\_\_\_\_ before bedtime.
- 4. When we stop looking at screens, our \_\_\_\_\_ can calm down.

**C. Write "True" or "False". Correct the false sentences.**

- 1. \_\_\_\_\_ Teenagers get tired as early as adults.
- 2. \_\_\_\_\_ Most teens sleep more than eight hours.
- 3. \_\_\_\_\_ A body clock tells you when it is bedtime.
- 4. \_\_\_\_\_ Dr. Dagan suggests starting school earlier to help teens.

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